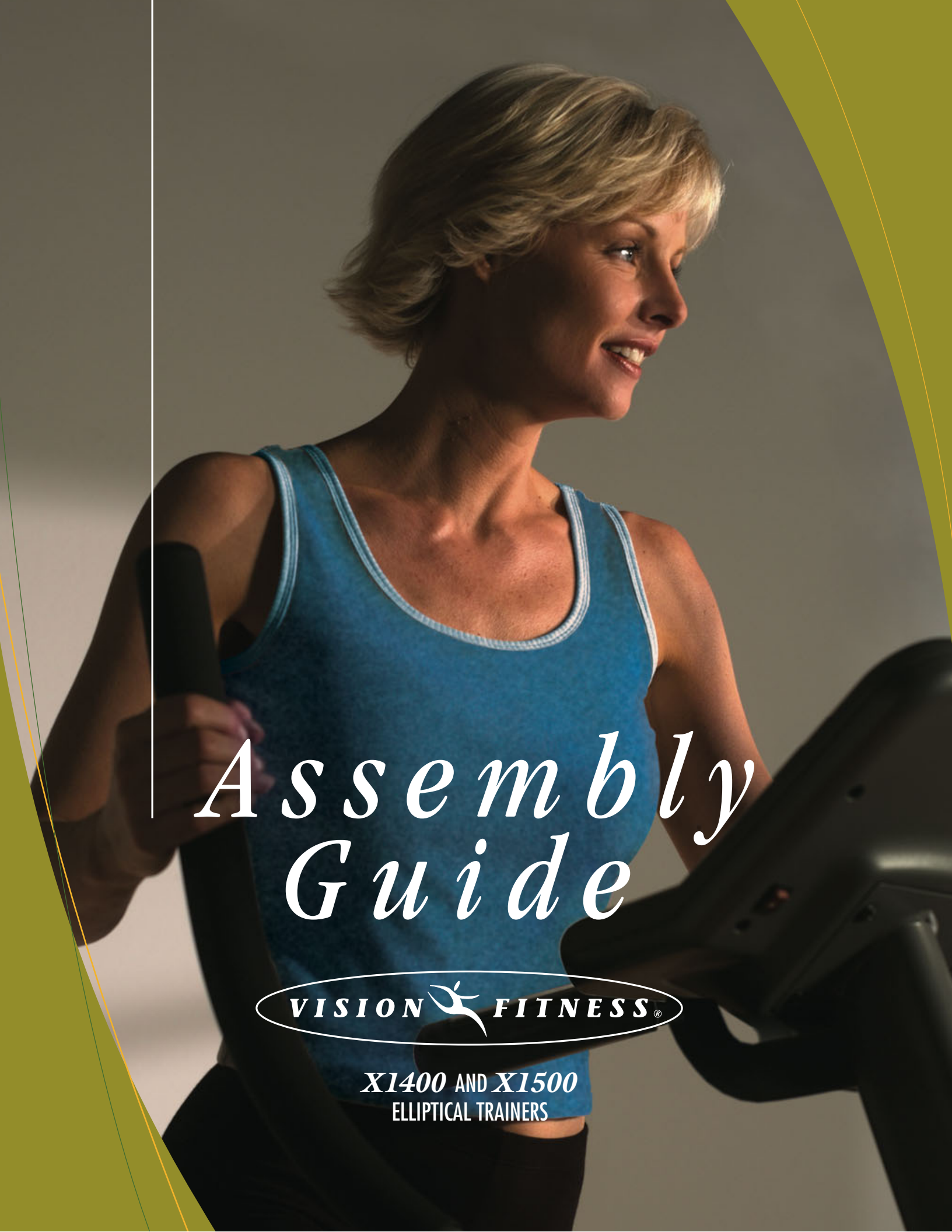


Assembly Guide

VISION FITNESS®

X1400 AND X1500
ELLIPTICAL TRAINERS

Assembly Guide

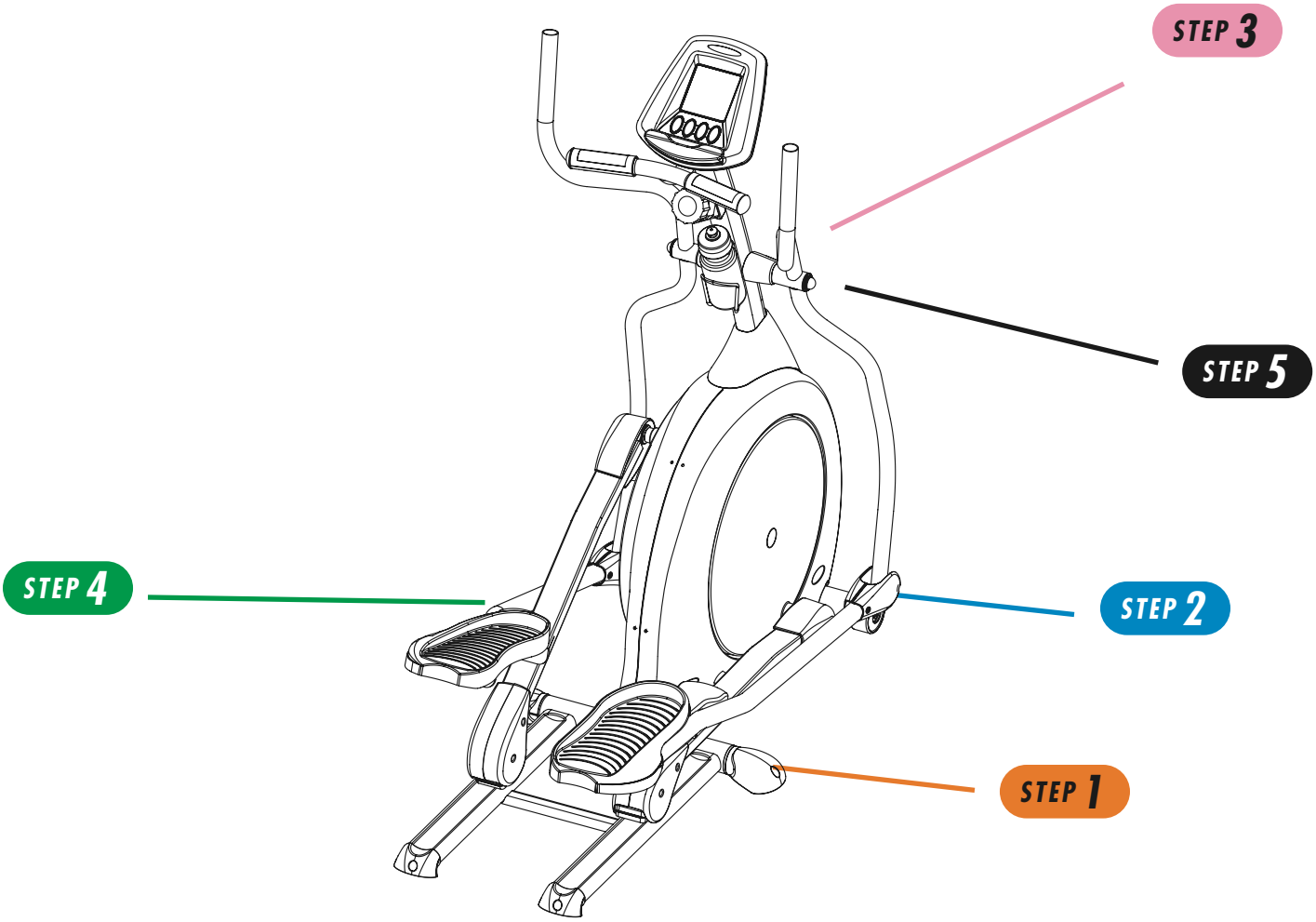
X1400 AND X1500
ELLIPTICAL TRAINERS

To avoid possible damage to this Elliptical Trainer, please follow these assembly steps in the correct order. Before proceeding, find your new Elliptical Trainer's serial number located on the front axle tube, and enter here:

_____

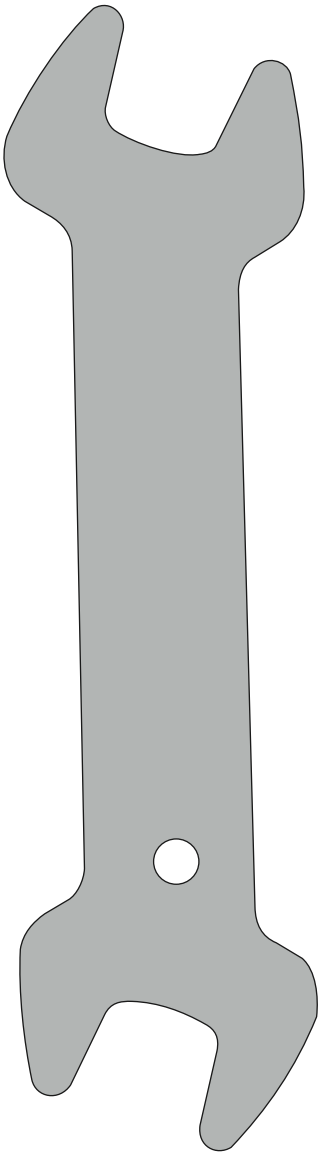
Refer to this number when calling for service, and enter this serial number on your Warranty Card and in your own records. Be sure to read your Owner's Guide before using your new Elliptical Trainer.
If any parts, hardware or tools are missing, please call 1.800.335.4348, Extension 12.

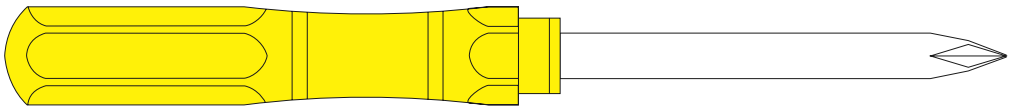
NOTE: It is recommended that you apply grease to the threads of each screw as you assemble your Elliptical Trainer to prevent loosening and noise. Also, during each assembly step, ensure that ALL screws are in place and partially threaded in before completely tightening any ONE screw.



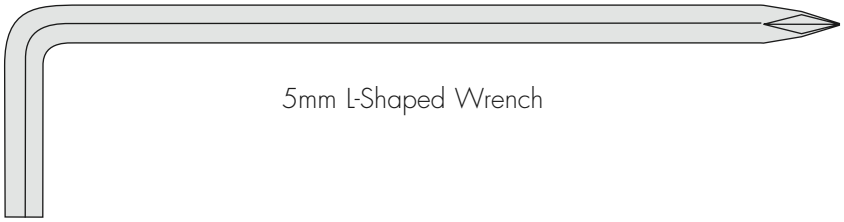
TOOLS & PARTS INCLUDED

13mm Wrench
Quantity: 1

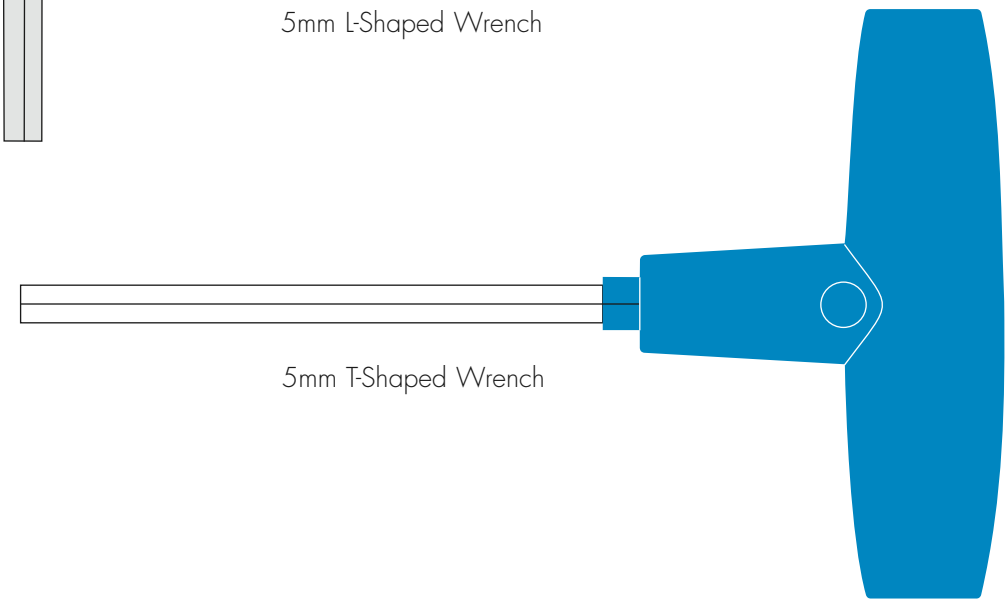




Screwdriver



5mm L-Shaped Wrench

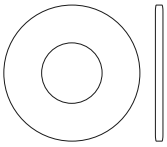


5mm T-Shaped Wrench

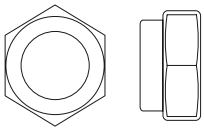
PARTS BOX

13mm Wrench
Console Mast Boot
Dual-Action Link Arm Covers
Dual-Action Axle Covers
Pedal Arm Joint Covers
Right and Left Footplates
Rear Stabilizers
Water Bottle and Cage
Power Supply (***X1500*** only)
Tension Knob and Bracket (***X1400*** only)
Color Coded Hardware Bags
Owners Manual
Assembly Guide
Warranty Card

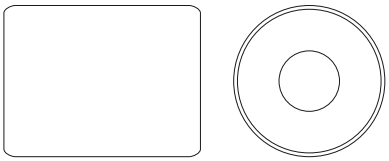
GREEN BAG



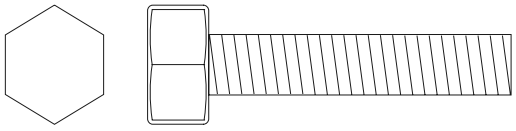
8x18x1T Washer
Quantity: 2



M8 Nut
Quantity: 2

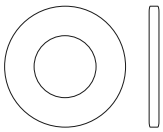


Q235 Knuckle Pin Quantity: 2
(located in parts box)

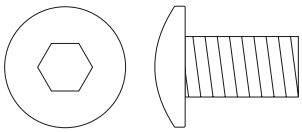


M8x40L Bolt
Quantity: 2

ORANGE BAG



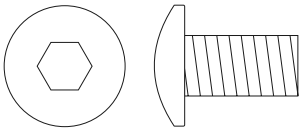
8x16x1.5T Washer
Quantity: 2



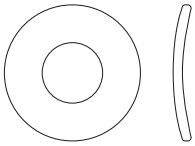
M8x15L Screw
Quantity: 4

PINK BAG

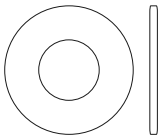
5x10x1T Washer ***X1400*** ONLY
Quantity: 1



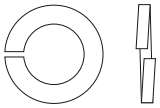
M8X15L Screws
Quantity: 6



8x18x1T Arc Washer
Quantity: 2



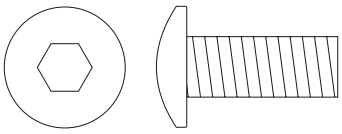
8x17x1T Washer
Quantity: 4



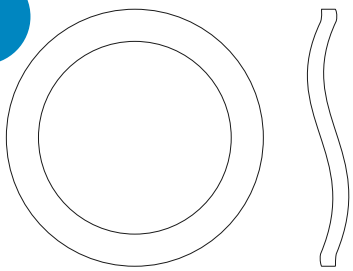
SW8 Lockwashers
Quantity: 6

M5x70L Screw ***X1400*** ONLY
Quantity: 1

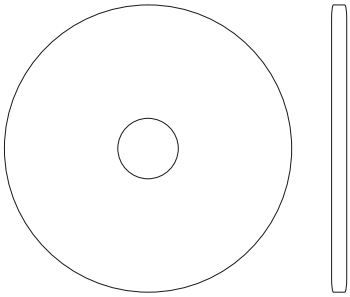
BLUE BAG



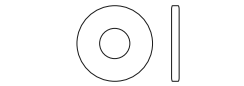
M8x20L Screw
Quantity: 2



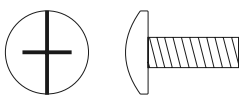
25x34x2T Wavy Washer
Quantity: 2



8x38x2T Washer
Quantity: 2

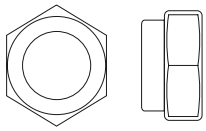


4x10x1T Washer
Quantity: 2

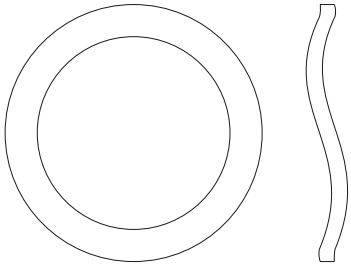


M4x12L Screw
Quantity: 2

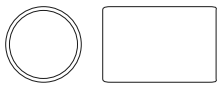
BLACK BAG



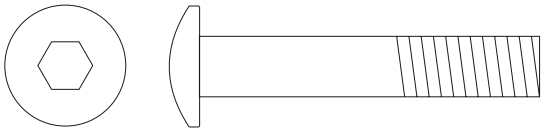
M8 Nut
Quantity: 4



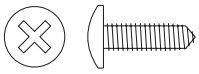
25x34x2T Wavy Washer
Quantity: 2



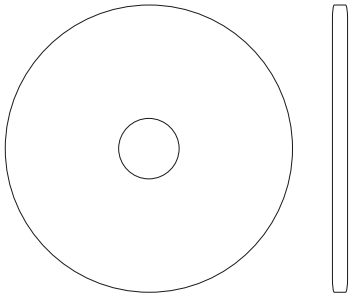
SS41 Link Joint Sleeve
Quantity: 2



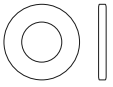
M8x45L Screw
Quantity: 2



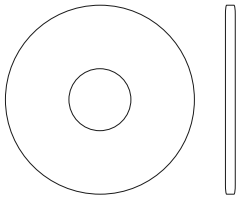
M4x12L Screw
Quantity: 2



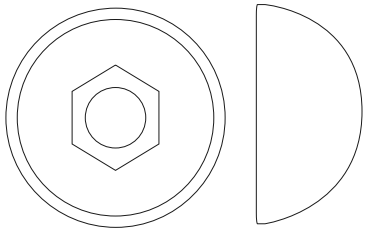
8x38x2T Washer
Quantity: 2



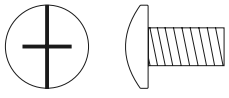
5x10x1T Washer
Quantity: 4



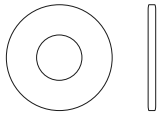
8x25x1.5T Washer
Quantity: 2



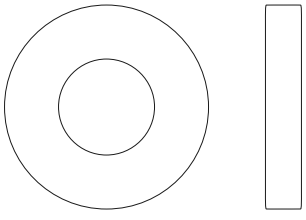
Nylon Nut Cover
Quantity: 2



M5x10L Screw
Quantity: 12



6x14x1T Washer
Quantity: 8



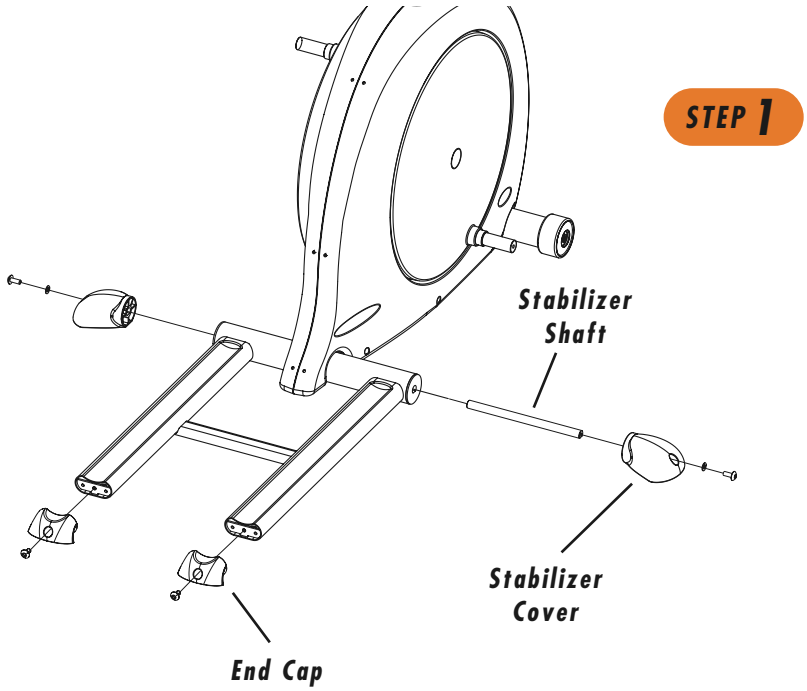
Nylon Interval Ring
Quantity: 4

STEP 1

ORANGE BAG

- Slide the stabilizer shaft through the plastic sleeves in the rear support tube.
- Slide the stabilizer covers onto the stabilizer shaft and secure with (M8x15L) screws and (8x16x1T) flat washers. Tighten with the 5mm T-shaped wrench.
- Attach end caps to the end of the guide rails with (M8x15L) screws. Tighten with the 5mm T-shaped wrench.

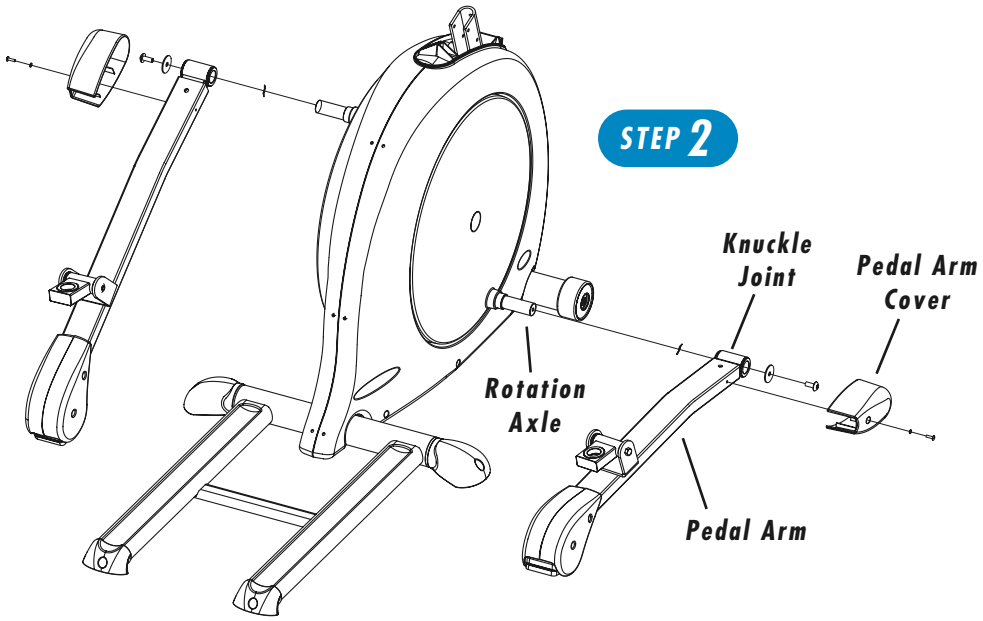
STEP 1



STEP 2

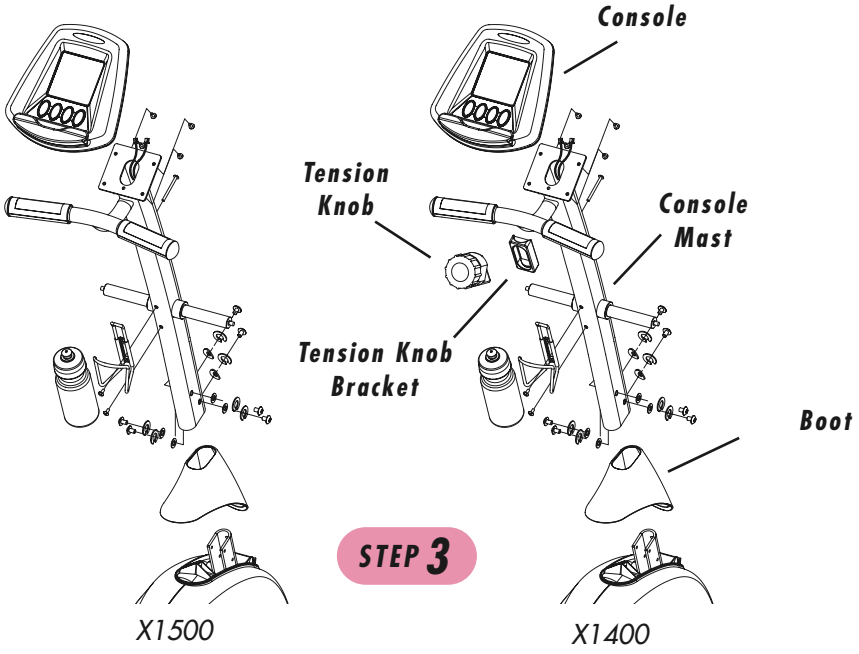
BLUE BAG

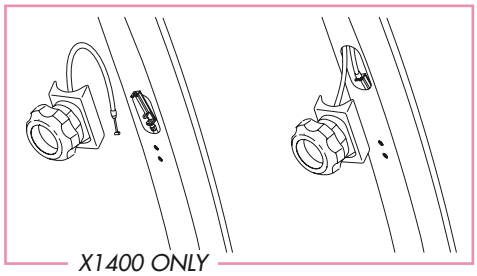
- Slide a wavy washer (25x34x2T) on to the right rotation axle. Slide the knuckle joint of the pedal arm onto the right rotation axle. The pedal arm roller wheel should be placed into the groove of the guide rail. Secure the pedal arm to the rotation axle with a washer (8x38x2T) and screw (M8x20L). Tighten with the 5mm T-shaped wrench.
- Place the pedal arm cover over the knuckle joint. Secure in place with a washer (4x10x1T) and screw (M4x12L). Tighten with the screwdriver.
- Repeat both steps on the left side.



STEP 3

PINK BAG





- With the screwdriver remove the screws for the water bottle cage in the center of the console mast. Slide the rubber boot onto the console mast.

- Unfold the wire harness located in the frame bracket. Wrap the end of the wire tie, located at the bottom of the console mast, around the end of the wire harness. Pull the wire tie and wire harness up through the console mast while simultaneously sliding the mast over the frame bracket. *NOTE:* For the *X1400* the tension cable should also run up through the console mast.

- Slide a lock washer (SW8) followed by a flat washer (8x17x1T) onto four of the screws (M8x15L). Insert these screws through the side of the mast to secure the mast to the frame. Slide a lock washer (SW8) followed by a arc washer (8x18x1T) onto the two remaining screws (M8x15L). Insert these screws through the holes in front of the mast. Tighten all screws with the 5mm T-shaped wrench.

- Slide the rubber boot down the console mast and snap it in place over the side covers.

- *X1400 ONLY:* Snap the tension knob mounting support onto the tension knob. Turn the tension knob to level 16. Connect the knob cable to the tension cable in the console mast. Secure the tension knob to the console mast with the washer (5x10x1T) and screw (M5x70L). Tighten with the screwdriver.

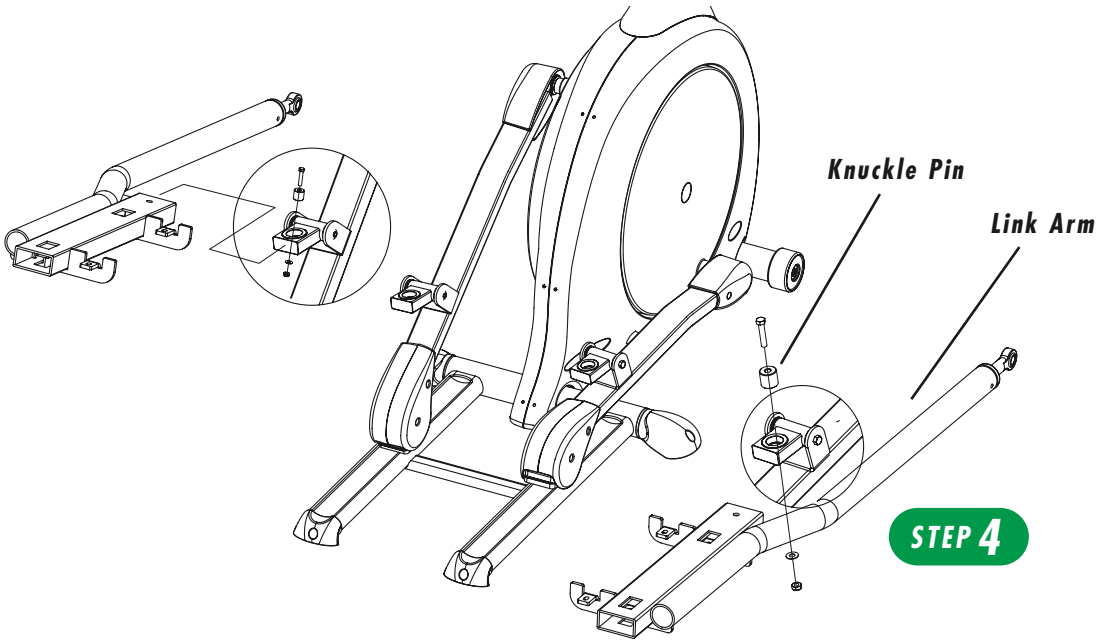
- Remove the four screws from the back of the console. Connect the wire harness to the plug in the back of the console. Connect the heart rate wires into the heart rate plugs in the back of the console. Attach the console to the console mast with the four console screws and screwdriver. *NOTE:* For the *X1400* insert 2 AA Batteries.

- Attach the water bottle cage to the console mast with the two screws removed earlier in this step.

STEP 4

GREEN BAG

- Slide the knuckle pin (Q235) through the bushings of the knuckle. Slide the link arm over the knuckle so that the hole in the link arm lines up with the hole in the knuckle pin. Insert a bolt (M8x40L) through the hole in the link arm and knuckle pin and attach a washer (8x18x1T) and nylon nut (M8) to the end of the bolt. Tighten with the two 13mm wrenches.
- Repeat the same step on the left side.



STEP 5 BLACK BAG

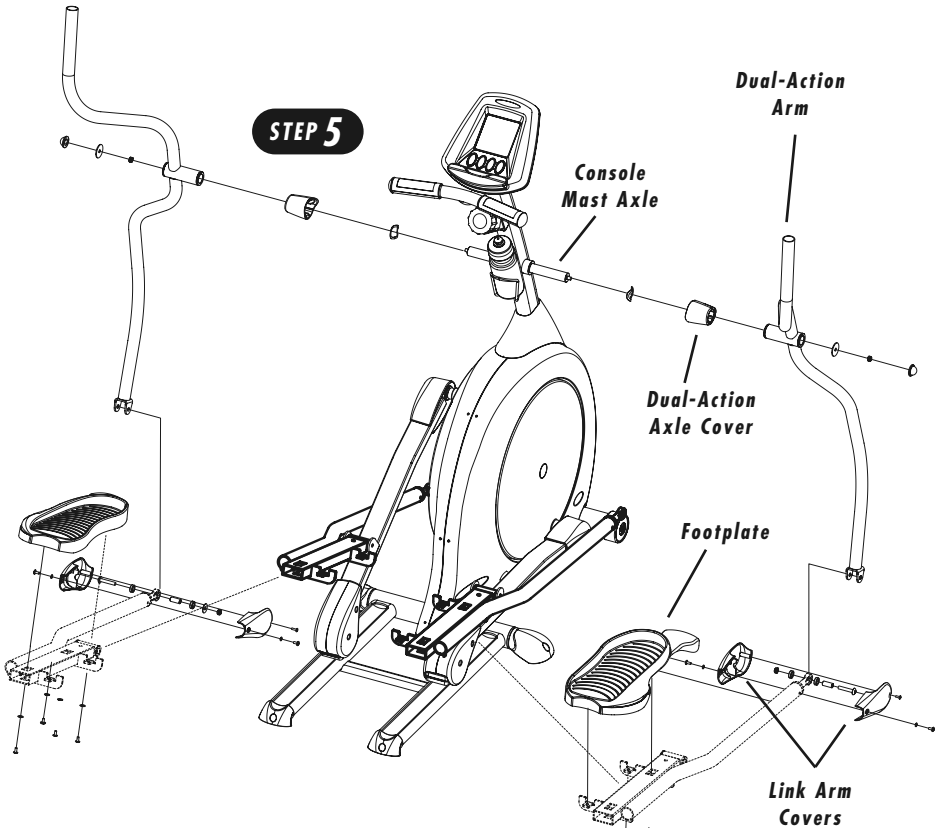
• Slide the dual-action axle cover into place over the console mast axle. Slide a wavy washer (25x34x2T) onto the console mast axle. Slide the right dual-action arm onto the axle. Fix in place with a washer (8x38x2T) and nylon nut (M8). Cover with the included nylon nut cover.

• Insert the link joint sleeve (SS41) into the socket joint of the right link arm. Position the socket joint of the link arm into the bracket at the bottom of the dual-action arm. Position the Nylon Interval Rings between the socket joint and bracket on each side. Insert a screw (M8x45L) through the bracket, interval rings and socket joint sleeve. Secure in place with a washer (8x25x1.5T) and nylon nut (M8). Tighten with the 5mm T-shaped wrench and 13mm wrench.

• Position the link arm covers over the socket joint and secure the two pieces together with a screw (M4x12L). Tighten with the screwdriver. Connect the cover to each side of the link arm with a washer (5x10x1T) and screw (M5x10L). Tighten with the screwdriver.

• Position the right footplate onto the right link arm. Secure in place with four washers (6x14x1T) and four screws (M5x10L). Tighten with the screwdriver.

• Repeat steps on the left side.



it all starts with a

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500 South CP Avenue • P.O. Box 280 • Lake Mills. WI 53551
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